



Tools For Action

A sample of physical education initiatives in Wisconsin

Anti-couch potato worksheet

Contact Information

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Monona Grove School District
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Program Information

Program Name
Anti-couch potato worksheet
Program Category
Activities done outside of PE class time for additional credit
Grade Level
K-2
Assessment Method
No formal assessment

Program Information

Products Developed or Materials Used:

[No Answer Entered]

Program Description:

We put together a worksheet with 20 different activities that can be done outside of the school day. Students must do a total of 50 activities to earn a button. The worksheet encourages students to get family members involved.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgajg@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Mary Pesik, Program and Grant Coordinator)